

Shortcuts



Nectarine: Nutrition . Selection . Storage

Nutrition information for nectarines and tips on how to select, store and prepare them. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

The nectarine is actually a subspecies of peach that lacks the gene for fuzz.



How to Select

Choose firm nectarines with smooth skin.

How to Store

Store unripe nectarines in paper bag until ripe, then store at room temperature for use within 2-3 days.

Nutrition Benefits

Low fat; saturated fat free; sodium free; cholesterol free; good source of vitamin C.



[Fruit Nutrition Database](#)

[Vegetable Nutrition Database](#)

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[How to Read a Food Label](#)

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Nutrition Facts	
Serving Size 1 medium (140g)	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 8%	Vitamin C 15%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk of coronary heart disease, stroke and some cancers**. They're also low in calories, which helps prevent obesity ... a significant risk factor for type 2 diabetes, cancer and cardiovascular disease.

[Top 10 Reasons to Eat More Fruits and Vegetables](#)

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